Ottawa metro

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Your essential daily news | WEEKEND, FEBRUARY 5-7, 2016 | High -4°C/Low -10°C Cloudy

Infrastructure and Communities Minister Amarjeet Sohi, left, Vancouver Mayor Gregor Robertson and Ottawa Mayor Jim Watson. THE CANADIAN PRESS

MONEY TALKS

Mayors head to Ottawa in search of big bucks from feds

metroNEWS

PR battle heats up

REDEVELOPMENT

LeBreton Flats competitors get more time to present bids

Michael Woods
Metro | Ottawa

An 11th-hour rule change by the National Capital Commission has touched off a public-relations battle between the rival groups vying to redevelop LeBreton Flats.

Originally, the groups were only going to have last week's two-day open house to present their bids to the public. But days before the proposals were revealed, the NCC decided to allow the two teams to discuss their proposals publicly until Feb. 8.

That left the groups scrambling to figure out how and where to exhibit their proposals.

The RendezVous LeBreton Group, backed by Senators owner Eugene Melnyk, is displaying their plan at the Canadian Tire Centre. Their rival Devcore Canderel DLS Group is showing their proposal at 340 Albert Street.

"It was a little last minute, so it was a bit of a surprise to us," said Canderel senior vice-president Daniel Peritz.

The extended time means the Senators have been able to broadcast details of their bid to their substantial social media following. But Peritz said he isn't concerned about any advantage that may give them.

"We knew that our competitor had a substantial existing social media platform," he said.

The additional time has given his group the time to show their bid "is not just about an arena."

"We think that extra time has given people the opportunity to better understand what we're about."

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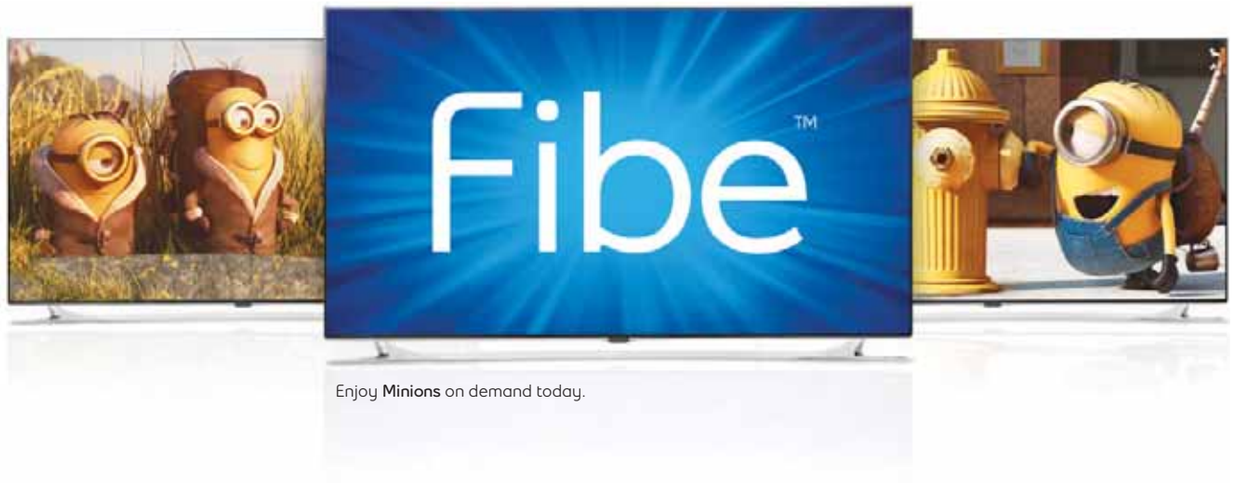

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metro NEWS
Your essential daily news

Assange says he will exit embassy and risk arrest after UN panel's ruling. **World**

Cuba calling for metal heads

MUSIC

Ottawa group to fly winner of band battle south for shows

Haley Ritchie
Metro | Ottawa

Booking salsa lessons for your next vacation? If you're not planning on taking in some heavy metal bands when visiting Cuba, you might be missing out.

Ottawa-based musician and event producer Rich O'Neil visited the country a number of times thinking salsa was king. That was before finding out about Cuba's heavy metal rock festival in 2014.

A short three months later, his band Chariots of the Gods was playing packed venues in the Caribbean heat with international and local groups.

"We were really lucky — one band had dropped out and they needed another band for three months later. We jumped in," he said. "I always thought salsa was the most popular music but there was metal heads everywhere."

O'Neil said the entire experience of playing Cuba's biggest (and only) two-week metal fest — called Brutal Summer Fest — was a "cultural blast."

"When you get off stage there was at least 30 minutes of signing papers, signing people, signing shoes — everything you can. It's a rock star experience over there," he said.

Quebec metal group Chariots of the Gods with Swiss band Meltdown, who played Cuba's Brutal Summer Fest together in 2014.

Right: Chase Wilson, ex-singer from Darkness in Aurora, toured with Chariots of the Gods in Cuba. **Far right:** Chariots of the Gods play at Maxim Rock in Havana in 2014.
PHOTOS CONTRIBUTED

It was a life-changing experience — and something he wants to give other Canadian musicians in the genre a chance to experience.

His company Piranha Productions is currently organizing and booking bands for the very first Brutal Battle Cuba 2016: a cross-country battle of the bands that will pick one group to send overseas to represent Canada this August.

Bands from Oshawa, Ottawa, Montreal, Fredericton and Moncton will be playing shows in front of judges who will eventually decide the winning group that will travel to Cuba.

"The scene in Canada is pretty cool, but the scene in Cuba is very different," he said.

"Over there (the music festival) is such a rare opportunity to be able to access such big events that they really take the opportunity. They travel from their small towns to the big city to see actual shows," he said.

O'Neil recalled memories of a bottle of rum being passed around the audience and spending time with fellow metal musicians in Havana without knowing much Spanish.

"Just getting a beer with them and sitting there talking, it was the most fun I had on the whole tour," he said.

Piranha Productions will send the band to Cuba with flights paid for, but O'Neil also wants to give back to the Cuban bands.

An IndieGoGo campaign has also been set up with a goal of raising $3,000 to supply the Cuban musicians with updated instruments, which can be hard to come by because of the trade embargo on the country.

"A lot of times drummers would come to me and ask to borrow a pair of sticks," said O'Neil. "I ended up getting back here with one pair or two because I gave away as many as I could. It's hard for them to get good quality and new gear."

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Mayors want feds to cut funding tape

CAUCUS

City leaders meeting with six ministers over two days

Lucy Scholey
Metro | Ottawa

Ottawa Mayor Jim Watson is joining the country's big-city mayors in asking for faster access to federal funding, but it's still unknown who will get the first slice of the promised infrastructure funds.

Mayors from 21 cities are meeting in Ottawa over two days for the Federation of Canadian Municipalities' big-city mayors caucus.

Over two days, the mayors are meeting with six ministers, including Infrastructure Minister Amarjeet Sohi who recently said $10 billion of the promised infrastructure funding would go to "recapitalization and repairs" over the first two years.

Apart from all their big infrastructure dollar requests, the country's big-city mayors are asking for the federal government to cut through the red tape.

"One of the mayors said, 'We have more announcements about announcements. Let's stop announcing and let's start constructing,'" Watson said. "So the message is, 'You want to stimulate the economy? Get the dollars flowing as soon as possible.'

Apart from Watson's big infrastructure money request — funding for the $3-billion phase two of light rail transit, which is likely in the bag, but there are still no details — he said there are several smaller projects in the city that could use fast-tracked funds. The cities are scrambling to make their own lists of infrastructure projects ahead of the budget.

Overall, the mayors are keeping their list short, with transit and affordable housing at the top.

"What we've tried to do is be consistent in terms of the desire to not bring a list of a thousand different demands," said Watson.

Gatineau Mayor Maxime Pedneaud-Jobin stressed the need to spend funds quickly, but smartly. His big ask is funding for the city's three-year $346-million infrastructure plan. The city is also looking to overhaul rue Notre-Dame and boulevard Saint-Joseph, which will cost $20-million and $44-million, respectively.

On Friday, the mayors meet with Prime Minister Justin Trudeau, who recently promised $700 million in fast-tracked funds to boost Alberta's sluggish economy.

Big-city mayors from across the country pose for a photo-op at the Delta Hotel in downtown Ottawa on Thursday. LUCY SCHOLEY/METRO

> **What we've tried to do is be consistent in terms of the desire to not bring a list of a thousand different demands.** Mayor Jim Watson

FUNDING

The Big Asks: Mayors to pitch city priorities

Canada's Big city mayors are heading to Ottawa to make their pitches for federal funding, and this time, the Prime Minister will hear their requests. Metro compiled a list of "The Big Asks" from the mayors of some of Canada's largest cities. Here's what they are looking for from the federal government.

1 **Halifax** — Mayor Mike Savage said there is $2 billion in work that needs to be done over the next two decades to bring the city's aging water infrastructure up to environmental standards and to sustain the city's growing population.

2 **Ottawa** — Ottawa Mayor Jim Watson is asking the federal government for funding for the $3-billion phase two of the city's light rail transit. But Watson noted they already have that commitment from the prime minister.

3 **Toronto** — Toronto's Mayor John Tory has made it clear he wants federal funding to be "fair and stable" so cities can budget effectively. In terms of specifics, he's asking the federal government to cover one third of the estimated $2.6 billion in repair backlog at Toronto Community Housing. Tory also wants federal cash for projects like the city's downtown relief line and a waterfront LRT.

4 **Winnipeg** — Winnipeg mayor Brian Bowman has three priorities: transit, infrastructure and the environment. While he wouldn't get into specific dollar amounts, Winnipeg has several massive projects on the horizon, including the second phase of a six-phase rapid transit system ($590 million).

5 **Calgary** — Calgary Mayor Naheed Nenshi is also asking for infrastructure money. He wants a block funding set up with reporting mechanisms that allows cities to use federal money for projects right away, such as in the area of local affordable housing.

6 **Edmonton** — Edmonton Mayor Don Iveson said the city has two big asks from the federal government.

The first is continued investment in social and affordable housing, and to get funds for the city's LRT expansion. Iveson said over the next decade he would like to be able to expand Edmonton's LRT.

7 **Vancouver** — In Vancouver, Mayor Gregor Robertson plans to leverage $250 million worth of city-owned land to entice the federal government into building new affordable housing. Robertson is asking the feds for $500 million over five years to build 3,500 units of social housing on 20 city-owned sites.

METRO

Carleton University's Josh Nadler smiles as his grandmother, Carol Aronson, shaves his head Thursday. JOE LOFARO/METRO

WORLD CANCER DAY

Local student shows off #NoHairSelfie

Joe Lofaro
Metro | Ottawa

Having his head shaved on Thursday to mark World Cancer Day had special meaning for Carleton University student Josh Nadler since the woman holding the clipper is not only a breast cancer survivor — she is also his grandmother.

"It feels great," said Nadler, as his grandmother, Carol Aronson, struggled to guide the clipper through his thick locks of hair.

"I'm so happy that I was able to raise this much money for a great cause and have my grandmother's support."

The second-year English student shaved his head for the Princess Margaret Cancer Foundation's 2016 #NoHairSelfie fundraising campaign, an initiative aimed at raising funds for cancer research and showing solidarity with those affected by the disease.

Nadler raised more than $1,800 for the campaign, surpassing his goal of $1,000.

He said he was also motivated to participate by the recent cancer diagnosis of his fraternity president's father.

"That's something that (he) and his family have been going through throughout the year and I know exactly where he's coming from and what his family is feeling because I have been through those situations before," said Nadler.

"It's very heavy, but at the same time it's always nice to know that you have people there for you. By doing this, I'm showing other people going through this chemotherapy that I'm there for them."

As fellow Carleton students watched the transformation happen in the university's students' association office, Nadler ran his hand over his bald head and said, "I love it."

Campaign information is available at nohairselfie.com.

PHILANTHROPY

Piers Morgan to donate $5,000 to Ottawa Hospital

Celebrity journalist Piers Morgan is set to donate $5,000 to the Ottawa Hospital after a patient tweeted him Thursday with a special request.

Pamela Bechervaise asked Morgan via social media to contribute to her donation in honour of World Cancer Day.

The British TV host responded by committing $5,000 to the Ottawa Hospital and an additional £10,000 to cancer charities in the U.K.

"I was shocked, it was amazing," said Bechervaise, who has been undergoing treatment for breast cancer at the hospital but is now in remission.

Tim Kluke, president of Ottawa Hospital foundation, said it's unusual for donations to be made over social media and the hospital was excited by the online energy.

HALEY RITCHIE/METRO

Cancer vaccine explored

RESEARCH

The Ottawa Hospital looks into virus duo

A research team at the Ottawa Hospital's General Campus is looking to develop a cancer vaccine by pairing the measles and Maraba viruses.

"It will be the very first time that two oncolytic (cancer-killing) replicating viruses will be combined," said Dr. Guy Ungerechts, a physician-scientist, who is researching the powers of the virus duo.

It was his longtime work with the measles virus that prompted Ottawa Hospital senior scientist John Bell to recruit him from Germany.

Oncolytic viruses — designed to melt or break up cancer cells — are not a new concept.

"Since 100 years ago, there were some case reports and first evidence that these viruses can actually work against cancer," Ungerechts said, referring to cases in which a patient's cancer went into partial remission after they became infected with the measles virus.

Research indicates that when the measles virus is injected directly into a tumour, it not only kills cancer cells, the virus replicates and also unleashes a cancer patient's immune system, giving it the boost it needs to fight off future cancer cells.

"We have some evidence from our mice work that we can actually vaccinate against cancer," said Ungerechts, who relocated from Germany to Ottawa last March.

Pairing two viruses to fight cancer is something Bell is pioneering. Ungerechts hopes his virus duo will go to clinical trial in the next three years.

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‘Take my wife’ still not funny

ENTERTAINMENT

Mary Walsh to host all-female ‘gender parity’ comedy show

> It’s time for quotas. That’s the way that things change in this country and that is the way that things change in all countries.
> Mary Walsh

Lucy Scholey
Metro | Ottawa

Fed up with male standup comedians ragging on their naggy wives, Mary Walsh is taking a cue from the new prime minister.

The multi-Gemini Award winner and star of This Hour Has 22 Minutes is hosting an all-female “gender parity” standup show on Friday. This Hour co-stars Susan Kent and Cathy Jones as well as cabaret comedian Sharron Matthews will join Walsh on stage for the now sold-out Cracking Up the Capital event.

“I am so tired of listening to male comedians who stand up there and complain about their wives,” said Walsh. “What, are they chained to the ceiling in the basement or something?”

Although the show’s tag line riffs off Justin Trudeau’s half-female cabinet, gender parity in Parliament is no joke to Walsh.

“It’s time for quotas,” she said. “That’s the way that things change in this country and that is the way that things change in all countries.”

Instead, she aims her gender-parity jokes at the pundits who favour a merit-based cabinet.

That being said, Walsh promises her boisterous, politician-ambushing alter ego, Marg Delahunty, will soon set her crosshairs on the new prime minister.

Meanwhile, Walsh has just finished a script for a Christmas film based on her TV series Hatching, Matching and Dispatching and is also working on a murder novel set in 1960s St. John’s.

Although it’s too late to score tickets to the all-female standup show, fans can still watch Walsh receive the Cracking Up the Capital 2016 Comedy Icon Award at the festival’s finale at TD Place on Saturday night. Gerry Dee of Mr. D will headline the show. Tickets are available at tdplace.ca.

Mary Walsh is teaming up with Susan Kent, Cathy Jones and Sharron Matthews for the event. VINCE TALOTTA/TORSTAR NEWS SERVICE

IN BRIEF

Province vows $100M for home energy upgrades

Ontario is promising a $100-million rebate program to help homeowners upgrade their furnaces, water heaters and insulation, but there are no details on a start date, eligibility rules or amounts.

The goal is to reduce greenhouse-gas emissions and at the same time help create jobs and lower homeowners’ natural-gas bills.

Environment and Climate Change Minister Glen Murray says 37,000 customers of Enbridge Gas and Union Gas will be able to have home energy audits to identify energy-saving options.

Once the audit is done, the homeowners will be able to get some financial help — how much is still unknown — to buy a new furnace, water heater or insulation.

Murray says every dollar spent on energy efficiency retrofits can save natural-gas customers $1.50 to $4.

THE CANADIAN PRESS

BACKLASH

Roosh V cancels Ottawa meetup

The controversial U.S. blogger behind a men’s-only “tribal meeting” in Ottawa has called it off.

Daryush “Roosh V” Valizadeh — known for his inflammatory blog Return of Kings — cancelled an international meetup planned for Saturday.

“I can no longer guarantee the safety or privacy of the men who want to attend on Feb. 6, especially since most of the meetups can not be made private in time,” Valizadeh wrote on his website, Return of Kings. “While I can’t stop men who want to continue meeting in private groups, there will be no official Return Of Kings meetups.”

Ottawa was among the numerous host cities in more than 40 countries. It was unclear what the subject matter would entail, but Valizadeh said women and transgender and gay people were not invited.

The blogger has been condemned for an article in which he proposes legalizing rape that occurs on private property. (He has since claimed the post was meant as satire.) He also promotes “neo-masculinity,” which dictates that men and women are inherently unequal and that a woman’s biggest values are her beauty and fertility.

On Twitter, Mayor Jim Watson said the group’s “misogynistic, homophobic garbage” was not welcome in Ottawa. He also discouraged other venues from hosting the meeting.

LUCY SCHOLEY/METRO

2014 SHOOTING

Hill defenders to be honoured

Michael Woods
Metro | Ottawa

The police officers and security guards who defended Parliament Hill from a lone gunman on Oct. 22, 2014 will be honoured at Rideau Hall in a ceremony on Monday.

Gov. Gen. David Johnston will present six stars of courage and nine medals of bravery to the RCMP officers and Parliament Hill security constables who responded when Michael Zehaf-Bibeau stormed Centre Block with a rifle, an exchange that ended with Zehaf-Bibeau’s death.

“The collective actions of these 16 individuals brought the incident to an end in less than three minutes and avoided further tragedy,” said a statement from Rideau Hall.

After shooting Cpl. Nathan Cirillo at the National War Memorial, Zehaf-Bibeau stormed Centre Block and made it to the other end of the Hall of Honour before being fatally shot. He was shot 31 times during the exchange.

The recipients include Samearn Son, the security guard who confronted Zehaf-Bibeau at the front entrance and wrestled with him for control of his rifle, only to have it discharge and shoot Son in the leg.

Kevin Vickers, the sergeant-at-arms who dove to the floor in front of Zehaf-Bibeau in the Hall of Honour and opened fire, will also be honoured. As will RCMP Const. Curtis Barrett, who fired the headshot that killed Zehaf-Bibeau.

The Star of Courage is awarded for “acts of conspicuous courage in circumstances of great peril.” The Medal of Bravery recognizes “acts of bravery in hazardous circumstances.”

Forget the flowers, pair beer and chocolate this Valentine's Day. COURTESY BICYCLE CRAFT BREWERY

Won't you be(er) mine, Valentine?

EVENTS

Breweries woo customers with special offerings

Jordan Duff
For Metro

This Valentine's Day, say "I love you" with beer: Switch the dozen roses for a dozen brews, or the box of chocolate for a box of beer, or the giant teddy bear for a keg. Better yet, consider these romantic events put on by Ottawa-area breweries.

Bicycle Craft Brewery and Aunt Sarah's Chocolate Shop run a pairing at the brewery every year as a Valentine's treat for their customers. BCB co-owner Laura Behzadi's brother, Adam Rochacewich and his wife, Sarah, own and operate Aunt Sarah's.

The two companies work together to create pairings that help accent the flavour profiles of both the beer and the chocolate. Surprisingly, a favourite pairing from last year was Velocipede IPA with Aunt Sarah's Dark Caramel Swirl. As Laura explains it: "The caramel swirl centre enhanced the caramel and malt undertones of the IPA and calmed the bitterness in the beer, while the rich, dark Belgian chocolate exterior complemented the citrus flavours from the hops in the IPA creating a well-balanced harmony of flavours."

The Beer and Chocolate Pairing is at the brewery (850 Industrial Ave.) on Saturday, Feb. 13 from noon until 6 p.m. For $12, you get a flight of four beers paired with four unique chocolates and accompanying tasting notes.

Whiprsnapr's head brewer Ian McMartin is getting into the festive spirit by collaborating with Almonte's Equator Coffee Roasters. The brewery's romantic Unf stout (don't google that name at work) is big and bold with sensual notes of vanilla, chocolate, black cherry and rich coffee. For your pleasure, Whiprsnapr is creating a special run of the stout by bolstering all those flavours, including a massive infusion of Algonquin Dark Organic Coffee from Equator.

As McMartin rhetorically asks: "Who says beer can't be sexy?"

Look for the collaborative Unf stout at Brewfest Ottawa Feb. 12 and 13 and at the brewery. And be aware that more #collabrewations are on the horizon for this Bell's Corners brewery, including a specialty brew created for, and with, Quitter's Coffee.

LOVING LOCAL HOP-PENINGS

Winter Brewfest Ottawa will be taking over the Horticulture Building Feb. 12 and 13. Celebrate this flirtatious weekend sampling from 30-plus breweries.

Covered Bridge Brewing is taking their famed Double-Double stout recipe and creating two new alluring batches. Hashtagsoulmates stout replaces the coffee addition with orange peel. Spice of My Life stout turns up the heat by replacing the chocolate addition with a habanero, Thai chili and cinnamon infusion. Both will be available Feb. 12 and 13. Plus, **Jojo Coco** will be at the brewery creating chocolate-beer pairings.

Sawdust City Brewing and **Beau's Brewery** made **Hot Love Under a Cold Moon**, a weizenbock-style brew. This chocolate-plum-raisin-banana treat will be available at the Sawdust City brewery in Gravenhurst or locally at the Arrow and Loon in the Glebe.

Dominion City Brewing will be at Local Lansdowne for a **Snow Day Tap Takeover** Feb. 13. They have promised winter games, great beer, food and beats from DJ Kimio all night long.

All this month, **Broadhead Brewing** will be spreading the love through brewery tours. They are being offered Feb. 9, 16 and 23 at 6 p.m., as well as Saturday, Feb. 20 at 5 p.m. Book them at tours@broadheadbeer.com.

Finally, if you're not into this Valentine's thing, **Union Local 613** is putting on an anti-Valentine's party Feb. 14 at 6 p.m. until closing. For $40, you get three food stations and desert canapes (tip included).

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18 kt. white gold and .50 ct. t.d.w. diamonds. Reg. $2100

SAVE $2500
$1099.99
Tennis bracelet
14 kt. white gold and .75 ct. t.d.w. diamonds.
Also available: .75 ct. t.d.w. hoop earrings or pendant. Reg. $3600 each

SAVE $3100
$1299.99
Hoop earrings
14 kt. white gold and 1.00 ct. t.d.w. diamonds.
Also available: 1.00 ct. t.d.w. tennis bracelet or EFFY round solitaire earrings. Reg. $4400 each

Diamonds enlarged to emphasize detail and may not be exactly as shown.
t.d.w. = total diamond weight. All diamond weights are approximate.
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Get 4 points for every $1 spent at grocery stores, gas stations, on dining and entertainment with the **Scotiabank®* Gold American Express® Card**[1]. Plus, no blackouts or restrictions.

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5 THINGS TO DO IN OTTAWA THIS WEEKEND

Don't let the early slush get you down ... warm up with stew, a bonfire and awesome music all weekend long.

Haley Ritchie
Metro | Ottawa

2 Big Love Makers Market

Find something sweet and handmade for your Valentine at the Big Love Makers Market, featuring local vendors at Makerspace North (250 City Centre Ave.) 10 a.m. to 5 p.m., $5. **Saturday**

1 Winter Jazz Fest

The city's successful summer jazz festival gets a wintry encore this weekend. Shows at the NAC and Arc the Hotel this weekend include David Virelles and Román Díaz, Montreal Guitare Trio and Lynn Miles. Go to ottawajazzfestival.com. **All weekend**

3 Winterlude

Despite warm temperatures, Winterlude (Waterlude?) is on. Fill your boots at ByWard Market Friday 11:30 a.m. to 2 p.m. at the 24th annual Winterlude Stew Cook-Off. Over 20 market vendors and restaurants are competing. Entry is $10 for all-you-can-eat stew, and proceeds go to charity. See more winterlude.ca. **All weekend**

4 Megaphono

The second Megaphono music festival showcasing local artists wraps up Friday. Six shows planned include Valois, YAO, Her Harbour, Chris Page and New Swears. Artists and delegate pass-holders can access panels on publishing, branding and getting a foothold in the U.K. Times and locations are up at megaphono.tv. **Friday**

5 Beach Party

Did you think beach bonfire season was over? Enjoy a frozen Westboro Beach on Saturday with the community association from 1 to 4 p.m. There will be a bonfire, colouring, tobogganing and snow building. Hot chocolate and cookies will be available. **Saturday**

It's a DATE!

VALENTINE'S DAY IS SUNDAY, FEBRUARY 14

THIS WEEKEND:
Friday, February 5 to Sunday, February 7, 2016

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Offer ends February 7, 2016. See below for exclusions.

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BULOVA.
Reg. $325 and $495
Sale $243.75 and $371.25

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SYRIAN CRISIS

Calgary opens arms to first refugee baby

Lucie Edwardson
Metro | Calgary

The very first Syrian refugee baby born in Calgary — and possibly in Canada — since the government's commitment to resettle 25,000 Syrian refugees was welcomed into the world in the early hours of Tuesday morning.

But the birth of baby Mohammad Al Masalma has quite the story to go along with it.

"I wasn't expecting to be here when I had the baby," said the mother, Seham Talab through a translator. "But, I feel so grateful."

Talab went in for a clinic appointment Tuesday, not expecting to have her baby that day, and was rushed to the hospital where she was told she was in labour — already four centimetres dilated.

While husband Yahya Al Masalma was at home caring for their other children, two volunteers from the Syrian Refugee Support group stepped up to help Talab through the delivery.

"She's in a new country, she doesn't speak any English and in her country they do things very differently there," said Ronnie Saadeh, who rushed to be by Talab's side when she heard what was happening.

Sereen Bishawi, the other volunteer who helped Talab through the birth of Mohammad said it was actually the first time they had ever met her.

Talab, who, along with her husband came direct to Canada from the Syrian border town of Daraa, said she feels like Saadeh and Bishawi are now her family.

"I feel like they're my sisters," said Talab.

"They made me feel calm and translated between me and the doctors during labour."

> **We want to thank everybody for the wonderful sense of community we're feeling.**
> Yahya Al Masalma

Baby Mohammad Al Masalma is the first Syrian-Canadian born in Calgary since the government's commitment to resettle 25,000 Syrian refugees. JENNIFER FRIESEN/FOR METRO

IN BRIEF

Man pleads guilty in fatal crash that killed four

A driver who caused a horrific crash that killed three young children and their grandfather last year was returning from his bachelor party and was so drunk that he urinated on himself and needed help standing.

Marco Muzzo, 29, pleaded guilty Thursday to four counts of impaired driving causing death and two of impaired driving causing bodily harm, before he was released on bail until his sentencing later this month.

THE CANADIAN PRESS

Worker found Tim Bosma's truck in airport hangar: Trial

An intern at an aviation company owned by one of Tim Bosma's accused killers testified Thursday that he vomited after realizing he had discovered the dead man's truck parked inside an airport hangar.

Arthur Jennings said he was shocked when he saw the truck that was "identical" to one police and media reports had said belonged to Bosma, who disappeared on May 6, 2013, after going on a test drive with two men. He would later learn it was the truck that nearly 150 officers were searching for.

THE CANADIAN PRESS

In this courtroom sketch, witness Lucy DeCoutere, second from right, is questioned by Crown attorney Corie Langdon, right, as Jian Ghomeshi, bottom left, and Justice William Horkins listen in court in Toronto on Thursday. ALEXANDRA NEWBOULD/THE CANADIAN PRESS

DeCoutere reveals 'ironic' karaoke duet

GHOMESHI TRIAL

Said accused joined her mid-song on 'Hit Me Baby'

The only complainant whose name is not covered by a publication ban took the stand Thursday in the sexual assault trial of Jian Ghomeshi.

Trailer Park Boys actor Lucy DeCoutere said that months after Ghomeshi allegedly choked and slapped her, they met at a karaoke event in Banff, where he joined her onstage mid-song to perform a duet of Britney Spears song "Hit Me Baby One More Time."

She called the song choice "intensely ironic."

When cross-examination began, Ghomeshi's lawyer, Marie Henein, questioned how well DeCoutere could recall the night, because she had apparently added more details while testifying in court that did not emerge in 19 police and media interviews.

Henein said DeCoutere had added details about pauses between slaps and kissing Ghomeshi good night.

The lawyer pressed DeCoutere on why she chose to cuddle and kiss Ghomeshi that night, and attend several events with him over the following week.

She showed the court images of the actor smiling at brunch with Ghomeshi.

DeCoutere responded she did so because the "way he was with me after he assaulted (me), I felt like I missed something. I was just checking."

Henein asked why she originally said she did not want to press charges, but later wrote in messages that she wanted Ghomeshi "f---ing decimated" and "the guy is a s---show."

DeCoutere allegedly told a friend that she was excited for the trial because it would be "theatre at its best," according to Henein.

TORSTAR NEWS SERVICE

NEW DETAILS

In addition to the karaoke event, DeCoutere said she later saw him at the Gemini Awards, where he allegedly put his hand on her throat. She also appeared on his CBC show, Q, to promote Trailer Park Boys.

ANTI-POVERTY

Advocates pushing for more housing cash

Anti-poverty advocates are asking the federal government to invest $3.2 billion annually starting next year to update old and build new affordable housing units across the country.

The pre-budget request from seven groups is aimed at helping the 235,000 Canadians who experience homelessness every year, and social housing providers who are beginning to see the end of federal funding agreements signed decades ago with no new capital funding in sight.

$1.5 billion

Canadian advocacy groups are asking for $1.5 billion to built 100,000 new housing units to help cut down wait lists in Canada's biggest cities.

Advocacy groups from Ontario, British Columbia, Quebec and New Brunswick, along with three national groups, hope to land $1.7 billion so housing providers and cities can update the 600,000 affordable housing units in Canada.

Tim Richter, CEO of the Canadian Alliance to End Homelessness, said there is an acute housing crisis in Canada with nearly one in four Canadian households unable to afford housing.

The situation will only get worse in the coming years without federal action, he said.

Richter said the money his group and others are asking for could eliminate chronic and episodic homelessness in Canada.

It's an ambitious request for a government that has vowed to spend $1.7 billion this year on "social" infrastructure like affordable housing, seniors residences, and child care facilities, but the group says doing nothing could cost even more.

Studies suggest homelessness costs Canada $7 billion annually in services and lost opportunities.

THE CANADIAN PRESS

Assange asylum to end with UN ruling

UNITED NATIONS

WikiLeaks chief risking arrest, but expects to walk free

WikiLeaks founder Julian Assange says he will step out of the Ecuadorian embassy in London on Friday after more than three years of self-imposed refuge from British authorities.

The exit is timed to come one hour after a UN panel on arbitrary detention is set to release its findings on his case.

In a statement posted on the WikiLeaks Twitter account, Assange said he would accept arrest if the UN panel ruled against him, but expected to be allowed to walk free if the ruling was in his favour.

If the UN finds that his confinement to the embassy is lawful, Assange said, "I shall exit the embassy at noon on Friday to accept arrest by British police as there is no meaningful prospect of further appeal.

Julian Assange THE ASSOCIATED PRESS

"However, should I prevail and the state parties be found to have acted unlawfully, I expect the immediate return (of) my passport and the termination of further attempts to arrest me," he wrote.

The Swedish foreign ministry confirmed Thursday that it had seen a copy of the panel's findings and that it had ruled Assange's detention is "arbitrary."

British authorities say their operation to arrest Assange hasn't been altered, and "should he leave the Embassy (police) will make every effort to arrest him."

Assange was granted asylum by Ecuador and has lived in its embassy in London since June 2012, shortly after he lost his bid to overturn a Swedish extradition request.

"International law is quite clear that detention is not voluntary where one's only two choices are confinement or a risk of persecution," wrote Carey Shenkman, a human rights lawyer who represents Assange in the United States.

TORSTAR NEWS SERVICE

A Syrian boy walks in Kawergosk refugee camp in Iraq carrying a plate with boiled potatoes. Refugees struggle to feed themselves as aid agencies scale back assistance. ALICE MARTINS/THE ASSOCIATED PRESS

Rania, a Syrian refugee, prepares a meal for her family in their tent in Kawergosk refugee camp in northern Iraq. ALICE MARTINS/THE ASSOCIATED PRESS

IRAQ

Syrian families struggle for food

Perwin Shamsaddeen Ali, a Syrian refugee living in a tent camp in northern Iraq, has been reduced to cooking one meal a day for her family of four.

"I cook at 11 o'clock and we eat the leftovers in the evening. Why? Because we have no more food, that's why," the 28-year-old mother of two said. "Today I gave the kids some noodles, that's all. That's all we had."

As aid agencies struggle to keep pace with the worst refugee crisis since the Second World War, they have been forced to cut back on assistance, including food rations.

Donors will be asked to provide nearly $9 billion US to aid agencies and host countries in 2016 at an annual conference held Thursday in London — a record request. But donors have come up short in previous years.

A funding shortfall last year forced the World Food Program, the UN agency responsible for feeding the refugees, to cut back. Some refugees no longer receive any food aid. Monthly cash assistance has been reduced to $10 per person.

Some refugees say the vouchers the WFP uses to provide aid exacerbates the problem, since it can only be used in the camp's supermarket, where goods are more expensive than outside.

The WFP says its Iraq operation was 61 per cent underfunded last year. In 2015, it gave food assistance to 1.8 million displaced Iraqis across the country, plus 60,000 refugees from neighbouring Syria.

The food shortages have convinced some inside the camp that they would be better off heading to Europe, despite the dangers of crossing the choppy seas in smuggler boats.

THE ASSOCIATED PRESS

GLOBAL PLEDGE

World leaders pledged more than $10 billion Thursday to fund schools, shelter and jobs for Syrian refugees, money that British Prime Minister David Cameron said "will save lives, will give hope, will give people the chance of a future." THE ASSOCIATED PRESS

Ottawa
BYWARD MARKET MARCHÉ BY
PARTNER WINTERLUDE BAL DE NEIGE PARTENAIRE
Jan. 29 - Feb. 15
ByWard Market
BLIZZARD
Snow'Art
Snow Sculptures in the ByWard Market, Various locations
25th Annual Stew Cook-Off
with Celebrity Judge Henry Burris
of the Ottawa Redblacks
TODAY ONLY!
55 ByWard Market Square
All you can eat stew for $10 at the door!
All proceeds in support of
the Lowertown Community Resource Centre
and the Ron Eade Algonquin College Bursary
Stew Cook-Off Weekend Edition
At participating ByWard Market restaurants
Friday Feb. 5, 5 p.m. - 9 p.m., Saturday Feb. 6, noon - 4 p.m.
ByWard Beats
ByWard Garage, 70 Clarence Street loading bays
Fridays and Saturdays during Winterlude
Jan. 29 and 30, Feb. 5, 6, 12, and 13, 7 p.m. - 10 p.m.
Shake off the cold and get into the groove
with local DJs in this urban space!
Family Day & Hot Chocolate Tasting
Monday, Feb. 15
The ByWard Market is open for Family Day!
Try out our hot chocolates & vote for your favourite
11 a.m. - 2 p.m., 55 ByWard Market Square
More Winterlude events and specials in the ByWard Market:
TheByWardMarket
ByWardMarketBIA
bywardmarket
www.byward-market.com
3,100 parking spaces in the ByWard Market

CRTC unlocks Super Bowl ads

TELEVISION

Bell challenges regulator's 'arbitrary' decision

A baby expounding on the benefits of online stock trading. A pint-sized Darth Vader using the Force to power his father's sedan. Burt Reynolds being kicked by a bear.

Americans watching the Super Bowl are fed big-budget, celebrity-heavy commercials that have become almost as big a draw as the game itself, and Canadians have been missing out — but not for much longer.

This year could be the last in which Canadians are prevented from watching American commercials during the big game after the CRTC ruled that the U.S. ads were an integral part of the Super Bowl broadcast.

The federal regulator ordered Bell, which owns the exclusive rights to the NFL championship through 2019, to stop inserting Canadian ads for customers watching the game on an American channel.

That means that after the new rule comes into effect in 2017, Canadians who want to watch the U.S. ads during the Super Bowl can simply switch over from CTV to Fox, which has the U.S. broadcast rights next year.

Perry MacDonald, who heads Bell's English-language TV business, said the CRTC's "arbitrary" decision makes no sense given the importance of ad revenues beyond his company's bottom line. Bell is challenging the decision in the Federal Court of Appeal, and the NFL has filed a brief supporting the claim.

MacDonald said many of the U.S. ads are available online. He said the CRTC's ruling hurts the ability of Canadian companies to reach their market and harms Bell's ability to promote Canadian shows.

Some U.S. ads make their way to the Canadian airwaves, but most do not. And despite the lack of U.S. ads, the game remains one of the highest-rated TV shows in Canada.

Broadcasters taking the American feeds of events like the Academy Awards or shows such as Survivor and inserting their own commercials, a practice known as simultaneous substitution, has long been a part of the Canadian TV landscape.

The practice has generated millions for the Canadian TV industry and given Canadian advertisers a way to access their local market for far less than it would cost to run a commercial on a U.S. network.

When it decided to carve out an exception for the Super Bowl, the CRTC said one of its biggest complaints about simultaneous substitution was from Canadians complaining about missing out on U.S. ads during the game. THE CANADIAN PRESS

Game's big numbers

1

1,300,000,000 chicken wings will be eaten in the U.S. alone

2

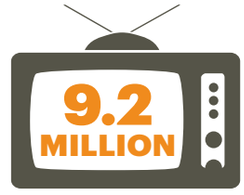
100,000,000 chicken wings will be eaten in Canada

It might seem like a stretch, but Canadians don't fall short on the wing-eating.

3

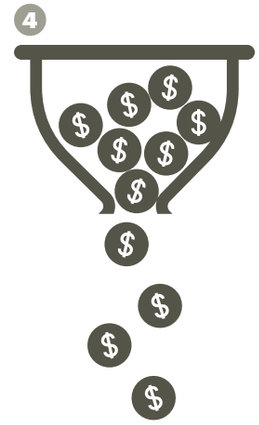
Endless eyes

For business owners, the game is a great advertising opportunity if you can afford it.



Average number of Canadians who tuned in for the 2015 Super Bowl

4



According to Les Moonves the price for a 30-second commercial will be **"north of five million dollars"**

Each second costs more than

$166,000

GRAPHIC BY ANDRES PLANA

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www.ottcisco.ca

RRSP AND TFSA ACCOUNTS

Tax bracket, goals key to savings pick

In a perfect world, people would have enough money to top up both their RRSP and TFSA accounts. But that's probably not the case.

Investment advisers say deciding where to put savings depends on what people are saving for and where they fall within tax brackets.

Angela Dzinas, regional director for Alterna Savings in Ottawa, says investors may not know their exact marginal tax rate, but they need to understand where they are today and where they expect to be in the future.

Gains on money in a TFSA are tax-free. ISTOCK

"RRSPs tend to be beneficial in your peak earning years, especially if you believe at retirement your income will come down so that you'll be in a lower tax bracket," she said.

When people put money into an RRSP account they are able to deduct their contributions from their income, a move that allows them to defer the tax they would otherwise have to pay. When retirees start withdrawing their nest egg, the money is taxed as income.

In contrast, when money is put into a TFSA, there's no deduction on an income-tax return. But when the money is withdrawn, any investment gains that may have been earned are tax-free.

For those in the lowest tax bracket, contributing to an RRSP may offer little advantage over a TFSA.

In addition to the tax bracket, what investors are saving for is important. RRSPs are designed to help save for retirement. Money can be withdrawn to help buy a home for the first time or pay for education later in life — but they are primarily to help in retirement. But TFSAs can be used for just about anything and when money is withdrawn, there's no tax to pay. They can be used to save for retirement but they can also serve as an emergency fund.

THE CANADIAN PRESS

IN BRIEF

Companies testing possible diabetes cure

Johnson & Johnson, continuing its long quest for a Type 1 diabetes cure, and biotech company ViaCyte have begun testing the first stem-cell treatment in diabetic patients that could end the need for frequent insulin injections.

THE ASSOCIATED PRESS

Another airbag problem

Continental Automotive Systems says moisture can get inside its airbag control computers, causing the power supplies to corrode and fail. This issue will lead to recalls of up to 5 million vehicles worldwide.

THE ASSOCIATED PRESS

market minute

DOLLAR 72.75¢ (+0.14¢)

TSX 12,774.50 (+181.48)

OIL $31.72 US (–56¢)

GOLD $1,157.50 US (+$16.20)

NATURAL GAS: $1.972 US (–6.6¢)
DOW JONES: 16,416.58 (+79.92)

metro VIEWS
Your essential daily news
Weekend, February 5-7, 2016

EMMA TEITEL ON A POISONOUS PICKUP ARTIST

Roosh V's misogynistic ideology borrows more from the Middle Ages than Tucker Max; a man who says he won't even speak to female reporters because he doesn't respect their work.

A few years ago, while covering the burgeoning men's rights movement, I attended a lecture at the University of Toronto by Janice Fiamengo, a Canadian academic and self-avowed "anti-feminist" who believes women's studies programs erode free speech.

The event was attended, not surprisingly, by men's rights activists who were spellbound by Fiamengo's gospel of unrepentant political incorrectness. But most noticeably, they seemed spellbound by Fiamengo herself.

Here was a real live woman who didn't ridicule them or write them off as quacks; a real live woman who (to borrow a line from Bridget Jones's Diary) appeared to love them "just as they were."

Yes, it's likely that a lot of these guys were sexist or paranoid; socially awkward, serially jilted, libertarians or disgruntled divorced dads peeved at what they believed was a rigged family court system. But I got the distinct impression that they would happily eject their creepy worldview if a woman actually gave them the time of day. In other words, their loneliness was way more palpable than their anger.

They weren't monsters, they were just jerks.

This is not the impression I get from Roosh V, a.k.a. Daryush Valizadeh, the "neo-masculinist" American pickup artist, whose misogynistic ideology borrows more from the Middle Ages than Tucker Max; a man who says he won't even speak to female reporters because he doesn't respect their work. (Needless to say, he did not respond to my request for comment.)

Valizadeh, 36, runs Return of Kings (ROK), a website that churns out editorials advocating the repeal of women's suffrage, increased dating of women with eating disorders, and most notoriously, (in a column from last year called "How to Stop Rape") the legalization of rape, which he argues would prompt women to take greater measures to protect their bodies from unwanted advances. Surreally, Roosh says media have mischaracterized him: He is actually the anti-feminist Jonathan Swift, and "How to Stop Rape," is actually "satire."

This last claim is so absurd it seems absurd to go crazy about it. Even if it were true, is the average male visitor to Roosh's website a guy who's likely to be attuned to satire? Or is he a guy who's likely to believe that professional wrestling is real?

Why this interest in the pickup artist formerly known as Daryush? Because this past week Roosh set off a firestorm of protest when he announced that this weekend he would be hosting an "international meetup" for his followers, in bars and cafes around the world. But widespread and very vocal condemnation of Return of Kings — and "How to Stop Rape" in particular — by activists and politicians, including several Canadian mayors, apparently spooked him. Valizadeh cancelled the event, citing, what else, safety concerns.

The question now is: should everyone have made such a fuss? Were the planned protests and protestations of high dudgeon really necessary? Or should we have concluded, as columnist Charlotte Lytton did in the U.K.'s the Daily Telegraph this week, that Valizadeh's ideas are "so absurd, so pointless and idiotic, that taking them as a joke often seems like the only appropriate response."

STONE AGE AND SCARY The coolest response to the vitriol of Roosh V (Daryush Valizadeh) may be to ignore him, Emma Teitel writes, but the self-styled "neo-masculinist" blogger is worse than the typical troll.
BARTEK KUCHARCZYK/TORSTAR NEWS SERVICE

Misogyny, the hatred of women, is a word that gets used with an alarming lack of selectivity to describe a gamut of chauvinist-piggishness.

The answer is no. It may always be cooler to sit back and laugh, but even if Valizadeh is the satirist he claims to be and the entire ROK website is a trolling project of Sacha Baron Cohen proportion, we should be proud and not embarrassed that our leaders reacted so swiftly to condemn what is a poisonous ideology.

Misogyny, the hatred of women, is a word that gets thrown around a lot these days. It's used with a sometimes alarming lack of selectivity to describe a gamut of chauvinist-piggishness: from the music videos of Robin Thicke, to groping on Mad Men, to men sitting wide-legged on the subway. It has replaced sexism as the go-to term for discrimination against women.

Overuse and misuse of the term has muddied its meaning. But Roosh V is the real thing. He and his followers (who, by the way, have compiled a list on their website of female journalists whose work they find offensive, on which I assume I will soon appear), are not just harmless sad sacks, like the Men's Rights activists who came to hear Fiamengo speak at U of T. They're not just lonely and pathetic. These guys are Stone Age and scary. They're misogynists. So is their fearless leader. And they should all be dealt with as such.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

High Hollywood drama, and clichés, on Ghomeshi Day 3

Soap operas have cliffhangers. Apparently, so do sexual-assault trials. Yesterday, the Jian Ghomeshi trial saw testimony from former Trailer Park Boys actor Lucy DeCoutere. It was, as DeCoutere put it, "theatre at its best."

Never more so than when Ghomeshi's lawyer, Marie Henein, drew the entire court to the brink of what she implied would be a major revelation, and then abruptly cut her questioning for the day.

She had pressed DeCoutere, who alleges one count of sexual assault and one of choking, about why she disclosed new emails on Tuesday evening, hours after the trial's first witness saw surprise email evidence in cross-examination.

"I'm going to suggest that after 16 months and 19 interviews in the media, and four press releases, and press releases by your lawyer on the eve of this trial, the very first time that this call gets made is when you know defence might have some of those emails," Henein charged.

DeCoutere said it only became clear Tuesday the information would be "critical."

With gravitas Henein asked one final time: "Do you want to tell his Honour the real conversation that was going on?"

"I'm not sure what you mean," DeCoutere said.

Henein then told the judge she'd like to end here — leaving the gallery agape, and DeCoutere in limbo.

Before facing Henein, DeCoutere commanded her own drama as she described how she "normalized" her relationship with Ghomeshi after she says he choked her and slapped her three times in Toronto in 2003.

It was a feminine cliché that stirred the emotions of women observers, who saw themselves in her: keen to please and to question themselves, afraid to offend.

DeCoutere said she didn't know how to react because she'd "never had an adult hit me before." She decided to stay at Ghomeshi's so that "whatever it was that inspired him to hit me would fade out." She kissed Ghomeshi on the couch, and then spent the weekend seeing him socially. She even sent flowers when she got home to Halifax.

Calling her own behaviour "outrageous" and "ludicrous," she said it was nonetheless authentic. She wanted to get over what happened; she wanted to "kill it," even after, at the Gemini awards, Ghomeshi allegedly cupped his hand around her throat "to remind me he choked me."

Any woman could sympathize with this desire to placate, this urge to self-blame. And it will carry its own power, despite Henein's dramatic twist. Today, we'll find out if that cliffhanger was earned.

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O Brothers, we love thou

ANALYSIS

The cream of the canon of Ethan and Joel

Richard Crouse
For Metro Canada

George Clooney stars in the latest offering from the Coen Brothers — Hail, Caesar! — which opens this weekend. CONTRIBUTED

The Coen Brothers have spent most of their careers as critical darlings, favourites of people like me who love the offbeat sensibility they bring to their films.

Their classic work, which includes O Brother Where Art Thou, Barton Fink and of course, the Oscar-winning Fargo, dates back to the early '80s with their breathtaking debut Blood Simple.

The Coens made their name mixing off-the-wall comedy with crime stories. Raising Arizona redefined quirky and The Big Lebowski is a cult classic.

The sibling directors set their new film Hail, Caesar! in a fictional movie studio called Capitol Pictures but populated the story with characters ripped from Hollywood history.

Josh Brolin plays Eddie Mannix, Metro-Goldwyn-Mayer's legendary producer and "fixer." During Tinseltown's Golden Age, Mannix solved star's problems, allegedly using his influence to keep some of the most notorious crimes and scandals on the LAPD blotter under wraps from the press.

The Coens don't hit a home run every time — their romantic comedy Intolerable Cruelty lacked both romance and comedy and The Ladykillers was an ill-advised remake of an Ealing Studios classic — but their genre-jumping resume contains many marvellous films that are as varied as they are entertaining.

Here are three of their movies that translate easily from the arthouse to your house.

MOVIE RATINGS by Richard Crouse

Hail, Caesar!	★★★
Pride and Prejudice and Zombies	★★★
The Choice	★
The Lady in The Van	★★★
Mojave	★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

No Country for Old Men
The Coens faithfully adapted Cormac McCarthy's novel, keeping the dark humour, unbearable suspense and high body count, while at the same time tightening up their notoriously loose narrative style.

This is muscular filmmaking, highly structured but not predictable; it's well paced and suspenseful. It's one of their best films.

A Serious Man
Though billed as a comedy, this may be the bleakest film from the Coen Brothers — and these are the same guys who stuffed someone into a wood chipper in Fargo.

The story of a man who thought he did everything right, only to be jabbed in the eye by the fickle finger of fate is a tragic comedy that shows how ruthless real life can be. Set in 1967 Minnesota A Serious Man is apparently a thinly veiled look at the early life of the Coens, and if this is true, they deserve the designation of tortured artists.

This film is darkly brilliant and funny, but a celebration of life it ain't.

Inside Llewyn Davis
This one is a fictional look at the vibrant '60s Greenwich Village folk scene. Imagine the cover of The Freewheelin' Bob Dylan come to life and you'll get the idea.

More a character study than a traditional narrative, Oscar-nominated Inside Llewyn Davis lives up to its name by painting a vivid portrait of its main character, played by Star Wars' star Oscar Isaac.

It gives us an under-the-covers look at the struggles and naked ambition it takes to get noticed.

Once you get inside Llewyn's head you probably won't want to hang out with the guy in real life, but you won't regret spending two cinematic hours with him.

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Nicholas makes Sparks fly

Benjamin Walker and Teresa Palmer star in a feature film adaptation of the Nicholas Sparks' love story, The Choice. CONTRIBUTED

THE CHOICE

Novelist inspired by a heart OK with being single

Steve Gow
For Metro

Nicholas Sparks has quite literally mastered the art of the love story.

Not only have the American romance novelist's books sold over 100 million copies globally, but 11 of them have been turned into successful Hollywood hits — including the classic drama The Notebook and last year's The Longest Ride. With the release of his latest passion project The Choice now hitting theatres, we quizzed the wordsmith on his command of the courtship.

The obstacles of romance

Having penned nearly 20 hit novels, Sparks insists the key to a good love story lies in laying down a few roadblocks. In The Choice, veterinarian Travis is convinced a serious affair with neighbor Gabby would only cramp his bachelor lifestyle.

"Conflict is key to any story," insists Sparks. "Something's got to hold the characters apart so that they can overcome that. That's part and parcel with any love story. I certainly didn't (create) this — Shakespeare did it, the Greeks did it."

Write what you know

The author insists that his ideas start close to home; that his "inspiration always starts very small." In the case of The Choice, Travis is even loosely based on Sparks's own brother.

"My brother was a great bachelor for many years," admits Sparks. "It's just someone very comfortable being single and comfortable doing what he likes to do (and I thought) what kind of person would it take to win a heart like that."

The gift of trust

When Nicholas Sparks hands over one of his hit novels to a Hollywood screenwriter, he's happy to relinquish some creative control. But the author does lay some ground rules.

"They're very simple — retain the spirit and the intent of the characters. For instance, lets not make a character a pot-smoking alcoholic just because you think it would be more interesting," said Sparks. "I understand that they're very different mediums — a novel is a story told with words and a film is a story told with pictures — so I don't worry about small changes."

TRUE STORY

Fahmy memoir to be turned into film

The publisher of Mohamed Fahmy's upcoming memoir says a British company will develop the book as a feature film.

Penguin Random House Canada says Fahmy's memoir The Marriott Cell will tell the story of how he and two colleagues of Al Jazeera English were imprisoned in Egypt, and their battle for freedom.

The book is described as a political thriller that covers the arrest, trial and incarceration of bureau chief Fahmy, Australian correspondent Peter Greste and Egyptian producer Baher Mohamed in 2013.

Fahmy and Baher Mohamed were pardoned last September. Greste had previously been deported.

Fahmy's memoir is to be published in October and the publisher says The Development Partnership will turn it into a film.

"A feature is going to allow us to relive and dramatically portray what no news reel grasped; one's inner voice caught in an emotional struggle between lawlessness, failed corporate decisions, and bureaucratic red tape that left us in a vicious Kafkaesque black hole fighting for our lives and that bigger cause of press freedom," said Fahmy in a statement.

THE CANADIAN PRESS

Mohamed Fahmy and his wife, Marwa Omara. TORSTAR NEWS SERVICE

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A primer on Navajo Nation vs. Urban Outfitters

LAWSUIT

What you need to know about the suit, likely worth millions

The Navajo Nation is seeking potentially millions of dollars from Urban Outfitters Inc. over clothing, jewelry and other merchandise bearing the tribe's name that the retailer has sold.

The clothing chain asked a federal judge in Santa Fe, New Mexico, on Wednesday to limit how far back in time the tribe can go to seek money over the company's products, which included everything from necklaces, jackets and pants to a flask and underwear with the "Navajo" name.

The judge did not issue an immediate ruling.

The tribe's lawsuit alleging trademark violations has been working its way through the courts for more than three years.

Efforts to settle the case featuring two unlikely foes have failed as the tribe seeks vast sums of money from the company that also owns the Anthropologie and Free People brands. Here are things to know about the case:

What is the Navajo Nation seeking?

The Navajo Nation wants revenue from products sold by Urban Outfitters and its subsidiaries under the "Navajo" name dating back to 2008. The actual amount isn't quantified in court documents, but it could amount to millions of dollars.

On some claims, the tribe wants all the profits generated from the Navajo-themed sales. On others, it wants $1,000 per day per item, or three times the profit generated by marketing and retail of products using the name.

Urban Outfitters says the tribe deserves nothing from 2008 to when the lawsuit was filed, arguing that the company has been burdened by the tribe's unreasonable delay in asserting its alleged rights.

What is the basis of the lawsuit?

The tribe's 2012 lawsuit alleges violations of federal and state trademark laws, including the Indian Arts and Crafts Act, which makes it illegal to sell arts or crafts in a way to falsely suggest they're made by American Indians.

Urban Outfitters says "Navajo" is a generic term for a style or design. The company wants a judge to determine it hasn't infringed upon the tribe's rights and to cancel the tribe's federal trademark registrations.

What is the merchandise in question?

The geometric prints popular in clothing often are inspired by Native American designs. Urban Outfitters said it started using the "Navajo" or "Navaho" name on its products and in marketing as early as July 2001, when the fashion trend was in full swing.

Its subsidiaries followed suit, selling cuffs, necklaces, jackets, pants, a flask and panties, among other items. The companies said they quit selling the products after hearing of the tribe's lawsuit.

The Navajo Nation holds trademarks on the "Navajo" name for things like clothing, footwear and online retail sales.

Navajo policing of trademarks

The lawsuit against Urban Outfitters is the first such action taken by the tribe in U.S. federal court to assert its trademarks.

Former Navajo Nation Attorney General Harrison Tsosie has said the tribe twice protested the unauthorized use of "Navajo" before it sued and sent at least four dozen protest letters afterward.

The tribe relies on its members and an agreement with a Texas-based company that licenses the "Navajo" name to monitor use of the term and alert the tribal government to possible trademark infringement.

What is the Navajo Nation?

The Navajo Nation refers both to the tribal government and to the nearly 70,000 square kilometres that make up the tribe's reservation in Arizona, Utah and New Mexico — the country's largest.

About 180,000 of the 300,000 Navajo tribal members live on the reservation. The tribe's population is second only to the Cherokee Nation.

THE ASSOCIATED PRESS

Items purchased from Urban Outfitters' Navajo line are shown in a 2011 file photo. MATT YORK/THE ASSOCIATED PRESS

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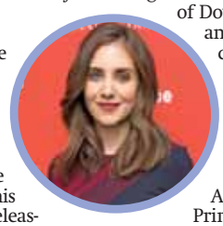
Plenty of period dramas still to come

PREVIEW

Downton Abbey creator has a busy year planned

Like those infinitely looping GIFs of Maggie Smith's Dowager Countess firing withering glares, the Crawley saga could very well go on forever. Downton Abbey creator Julian Fellowes, 66, confirmed his interest last week in extending the series with a film. The sixth and final season wrapped on Christmas Day in the U.K., while the series is still airing in North America on Sunday nights (PBS at 9 p.m.).

"I'm completely up for a movie," Fellowes said backstage at Britain's National Television Awards last month, where Downton won for best drama. He gave the project a "64.5 per cent" chance of coming to fruition. The coming months promise a number of projects that extend Fellowes' well-mannered British invasion beyond the Abbey.



Belgravia

Can Fellowes make what the New York Times described as "appointment reading" a thing? He'll attempt to resurrect the serialized novel this April, when he releases the first chapter of Belgravia. The story, which opens in 1815 against the romance of the Duchess of Richmond's ball, where British soldiers were torn away from the dance to defend against the invading French, centres on two families that shared a secret whose consequences are felt 25 years later.

Fellowes' 11-episode Belgravia will be released weekly in both text and podcast formats.

Doctor Thorne

Fellowes will bring his delicious clash-of-classes storytelling back to the U.K.'s ITV, home of Downton, by penning and executive-producing the three-part miniseries Doctor Thorne, starring Tom Hollander as the titular doctor and Community and Mad Men star Alison Brie (plus Prince Harry's ex-girlfriend, Cressida Bonas, in one of her first film roles).

School of Rock

While Fellowes has a knack for history, it's not the only subject on his curriculum. He took a playful departure into musical theatre by writing the book for Broadway's School of Rock, which had its world premiere in December and showcased the kind of guitar solos that the Dowager Countess would have rocked in her own youth had electricity yet been invented.

TORSTAR NEWS SERVICE

Julian Fellowes has said there's a 64.5 per cent chance of a Downton Abbey movie coming to fruition. CONTRIBUTED

CANADIAN TICKET SALES

Brooklyn tops the box office

Oscar nomination love has pushed Canada-Ireland co-production Brooklyn to a $4 million box office take in Canada, making it the highest-grossing Canadian film to be released in 2015.

Snowtime! (La Guerre des tuques 3D) remains on top for Canadian movie earnings in 2015, winning the Golden Screen Award for Feature Film with $3,359,425 taken at the domestic box office by Dec. 31, 2015.

The Quebec animation opens across Canada on Feb. 12.

$4 million

The Canadian box office take of Canada-Ireland co-production Brooklyn has reached $4 million, making it the highest grossing Canadian film to be released in 2015.

TORSTAR MEDIA

Brooklyn, which was partially shot in Montreal, has three Oscar nominates: for best picture, Saoirse Ronan for best actress and Nick Hornby for best adapted screenplay.

Ronan was nominated for the best actress Golden Globe last month, but lost out to Brie Larson, who took home the award for her role in Room, another Canadian-Irish production that was written by Irish-Canadian Emma Donoghue.

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For Metro Canada

The rustic luxury of Glendorn

The Lodge at Glendorn is the perfect combination of cozy and kitschy, and grand. MAIN PHOTO COURTESY THE LODGE AT GLENDORN; STATUE PHOTO LOREN CHRISTIE/FOR METRO

Pittsburgh native Sally Ann Bensur summed it up,

"If you want to wear your snow boots to an elegant dinner then the Glendorn is for you."

Chatting over a beer at the resort's traditional Saturday night Skipper Lake bonfire, this unabashed fan of The Lodge at Glendorn was keen to let me know that this is a special spot.

A three-and-a-half hour drive from Toronto, this year-round 1,600 acre resort in Bradford, Pa., has been the epitome of rustic luxury since it opened its doors to the public in 1995.

Set in a valley below the Allegheny Plateau, the property was originally purchased in the early 1900s by wealthy oil magnate C.G. Dorn and his son Forest as a hunting and fishing camp. The original family dwelling, known as the Big House, offers four guest room suites, a cocktail lounge and a grand dining room anchored by a massive stone fireplace.

Throughout the century there were 12 stand alone cabins built to accommodate the growing Dorn family. Today they are part of the guests' accommodations.

As I walked in to John's Cabin it became apparent that these charming cabins were real vacation homes; each one a time capsule of 20th century Americana, capturing decades of Dorn family history.

John's kitchen looks as if it was lifted off the set of Mad Men's first season — complete with a 1950s oven, a plaid patterned Formica countertop and a bevy of bar tools and swizzle sticks worthy of Don Draper.

The bathrooms are pure 1970s with vanities, tubs and toilets in shades of pale green, mustard yellow and aquamarine, all in pristine condition.

The shelves and walls are full of art, books and board games from the 1980s. Remember Isaac Asimov's Super Quiz?

Whimsical art can be found throughout the property.

> **The shelves and walls are full of art, books and board games from the 1980s. Remember Isaac Asimov's Super Quiz?**

As part of the Relais & Chateaux collection the resort focuses heavily on the culinary experience.

Guests are invited to enjoy a cocktail in the lounge prior to being seated for dinner.

Although menus are set, Executive Chef Joe Schafer changes the choices every day. The meals I had were incredible; melt in your mouth beef and a peanut butter and jelly inspired dessert with blackberry mousse and candied peanuts were favourites.

Activities include snowmobiling, cross country skiing and curling. Other seasons bring other outdoor options including biking, hiking and fly-fishing.

Sally Ann came last Spring for a fish camp and returned again this past New Year's Eve.

She figured this visit was her twelfth. I have some catching up to do.

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The best stargazing spots in Banff

Is there a better place in the world to see the stars than Canada's first national park, in Alberta? Far from the light pollution of major cities, Banff National Park is a stargazer's paradise. There are few things more powerful than the peace of the Canadian Rockies with a plethora of starlight overhead. In the wintertime, visitors might even catch sight of the northern lights.

TORSTAR NEWS SERVICE; ALL PHOTOS BRANDON VAN SON

1 **Castle Mountain** — One of the most iconic mountains in Banff National Park is Castle Mountain. You'll find its imposing peaks down the highway between Banff and Lake Louise. Here, views of the stars and milky way will greet stargazers on a clear night.

2 **Lake Minnewanka** — Lake Minnewanka, which is Nakoda for the "Lake of the Water Spirits," is the largest lake in Banff National Park and a beautiful place to be night or day. The lake also seems to be more protected from the clouds by the mountains than other locations.

3 **Morant's Curve** — This is one of the most famous views of Banff National Park. It was here CP Rail had photographs taken for its tourist brochures. With views of some of the most impressive mountain peaks in Alberta, and the Bow River flowing alongside the rail tracks, this is a great place to stargaze or to spot trains.

4 **The Vermilion Lakes** — Travellers don't have to wander far from Banff to see the stars. Just a 30-40 minute walk or a short drive west lie the Vermilion Lakes. These hot spring-fed lakes are encircled by hiking trails.

5 **Lake Louise** — Since the area is completely open to the public, everyone can enjoy the view. One of the best times for stargazing at Lake Louise is in the winter, when the lake is frozen over and the night skies are at their darkest.

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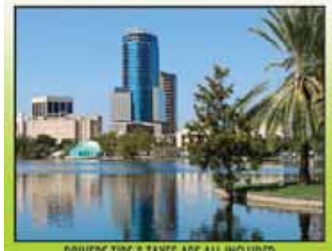

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TRAVEL NOTES FRIDA, MYRTLE AND CAIUS

Frida Kahlo arrives in Russia

Russia's first major exhibition dedicated to Mexican surrealist painter Frida Kahlo has opened in a St. Petersburg museum. The exhibition that opened Tuesday in the Faberge Museum features three dozen works by Kahlo, famous for her poignant self-portraits. Organizers said the exhibit spans Kahlo's career and includes some of her most iconic paintings.

THE ASSOCIATED PRESS

Visitor at a Frida Kahlo exhibit in St. Petersburg. DMITRY LOVETSKY /THE ASSOCIATED PRESS

Myrtle Beach announces 'Dollar for Dollar' deals for Canadians

"Canadian at par." Now there's a term we want to hear as our loonie sinks. Myrtle Beach, S.C., feels our pain so it has just launched a tempting "Dollar for Dollar Deals" promotion that runs through April 30. Canadians can get hotel, dining, entertainment, golf and attraction deals up to 30 per cent off (with a few deals going as far as 65 per cent off). You must show ID to snag the deals.

TORSTAR NEWS SERVICE

Myrtle Beach is courting Canadians. VISITMYRTLEBEACH.COM

Roman pyramid gets a makeover

Rome's only surviving pyramid from ancient times is getting fresh visibility. After a Japanese clothing magnate paid for a cleanup, archaeologists are eager to show off the monument, constructed around 2,000 years ago as the burial tomb for a Roman praetor, or magistrate, named Caius Cestius. Decades of grime blackened the creamy white Carrara marble exterior of the monument near a traffic-clogged intersection near a subway stop.

THE ASSOCIATED PRESS

Cat outside the cleaned-up Roman pyramid. DOMENICO STINELLIS/THE ASSOCIATED PRESS

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★★★	★★★★	★★★	★★★★	★★★½	★★★★★	★★★★★	★★★★★
Gardenside Manor Building/All Inclusive	Room /All Inclusive	Superior Room /All Inclusive	Supersaver Room /All Inclusive	Bungalow /All Inclusive	Junior Suite /All Inclusive	Gardenview Room /All Inclusive	Gardenview Room /All Inclusive
Apr 20, 2016 • 5 Nights	Mar 25, 2016 • 7 Nights	Feb 12, 2016 • 7 Nights	Apr 18, 2016 • 7 Nights	Feb 29, 2016 • 7 Nights	Apr 10, 2016 • 5 Nights	Apr 11, 2016 • 7 Nights	Apr 11, 2016 • 7 Nights
$1187	$1284	$1384	$1435	$1482	$1534	$1660	$1730
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SPORTS

Coldplay lead singer Chris Martin says the band will try to honour Super Bowl halftime shows of the past, present and future on Sunday

APE GOES BANANAS FOR PANTHERS
An ape at the Salt Lake City zoo has predicted the Carolina Panthers will win the Super Bowl. The one-year-old orangutan named Tuah chewed up a cardboard Panthers sign and later kissed a papier-mache Panthers helmet. Tuah's dad picked seven straight winners before dying in 2015.
RAVELL CALL/THE DESERET NEWS/THE ASSOCIATED PRESS

Panthers abide by mantra on, off field

"Keep pounding."

The words have become synonymous with the NFC champion Carolina Panthers.

They're on the walls of the stadium's weight room, on the tunnel leading to the field and even stitched into the collar of every Panthers jersey.

"It's a way of life around here," said Panthers assistant defensive line coach Sam Mills III.

Mills' father Sam, a Panthers linebacker from 1995-97 and then an assistant coach, uttered the phrase "keep pounding" at a downtown Charlotte hotel on Jan. 2, 2004, the night before the Panthers started a run to their first Super Bowl. It has been become the team's rallying call.

Mills, the team's linebacker coach at the time, was dying of intestinal cancer when he gathered players together in a meeting room before they would beat the Dallas Cowboys in a wild-card playoff game.

There, Mills delivered an emotional message akin to Jim Valvano's "Don't Give Up" speech, say those in attendance. There were no microphones on hand to record the words, no TV cameras to capture the moment. But the message was clear: No matter how hard things get, no matter how bleak things look — keep pounding. THE ASSOCIATED PRESS

1959-2005

Sam Mills died on April 18, 2005, at 45.

IN BRIEF

Manziel's ex-girlfriend tells police he struck her

Johnny Manziel's ex-girlfriend told police the Cleveland Browns quarterback hit her during an argument last weekend in Texas and said he appeared to be on drugs.

Fort Worth police released a report Thursday that provided the first details of the altercation Saturday between Manziel and Colleen Crowley. Manziel is being investigated for a possible assault on Crowley.

She told police he was "aggressive" toward her after they were out with friends at the Zaza Hotel in Dallas. She said he struck her, including once in the left ear, before they drove back to her Fort Worth apartment. THE ASSOCIATED PRESS

Johnny Manziel
GETTY IMAGES

Cam, Peyton clash on grandest stage

SUPER BOWL 50

Carolina stands in way of Manning's perfect ending

It's the perfect scenario, a Hollywood-type script: Peyton Manning emulates John Elway and rides off into the sunset with the Lombardi Trophy in his grip.

Will it really happen?

For Manning to take the Denver Broncos to their first NFL title since the team's current general manager, Elway, did in 1999 before retiring, seems the sentimental choice across the nation.

Like Elway, Manning has had a taste of losing in the big game, going 1-2, including a lopsided loss to Seattle two years ago. Elway dropped his first three Super Bowls, then won his final two.

"I am very grateful for the opportunity," the 39-year-old Manning said. "I keep probably repeating myself but I'm honoured to be a part of it, and the other three that I played in, I was honoured to be a part of those as well."

Should this be Manning's final game, he will leave as the most accomplished regular-season quarterback, owning five league MVP awards. He's had a difficult past few seasons, sidelined for 2011 entirely because of neck surgeries, then struggling in last year's playoffs and missing six games in 2015 with a foot injury.

But he also earned that fifth MVP in 2013 before falling to Seattle.

Standing in the Broncos' way, though, is simply the best team in football.

This is the third straight season the top seeds have won conference titles. The Panthers are 17-1, have the league's most prolific offence behind All-Pro quarterback Cam Newton, and a big-play defence. That D might not match the stats of the Broncos (14-4), who ranked first overall, but it's just as impactful.

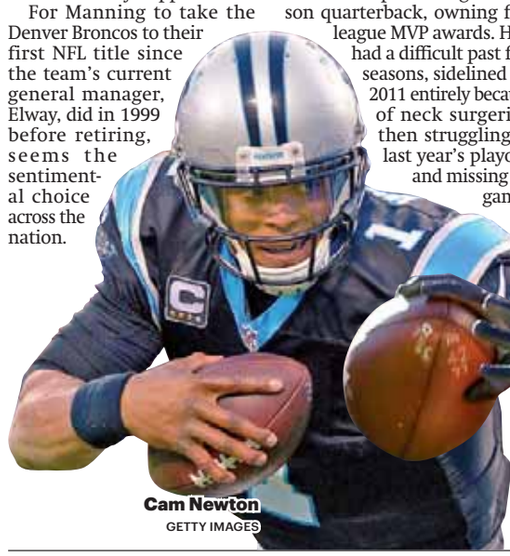
"I sound like a broken record, but yet for a dream to play out as it has through the ups and downs, it just means the world for us to get what you prepare for," says Newton, finishing off his fifth and, by far, best pro season.

"For us, the ultimate goal for this sport is to win a Super Bowl. You win national championships in college and … you try to get drafted to a team that's going to put you in the right position to win a Super Bowl."

That's where the Panthers have arrived. Carolina is a 5-1/2-point favourite to become only the third team to go 18-1 and win the Super Bowl. THE ASSOCIATED PRESS

PREDICTION

The Associated Press predicts the Panthers will win 27-20, leaving Manning to ponder if he wants to leave football after losing his final game.



Cam Newton
GETTY IMAGES

Peyton Manning
THE ASSOCIATED PRESS

Bronco prepares to play with heavy heart

Antonio Smith is in his 12th year in the NFL, first with the Broncos. THE ASSOCIATED PRESS

At first, Antonio Smith thought about running out of the team hotel and catching the first flight home after his mother awakened him with news of his father's death following heart surgery.

"But I know I got a greater purpose and a greater responsibility here on this stage," Smith said Thursday, a day after that phone call shattered the joy of Super Bowl week for him.

Denver's defensive end will play Sunday when the Broncos take on the Carolina Panthers. It's not so much to honour Marty Christopher Williams, 58, but to salute the way his father lived his life even after being sentenced to life in prison.

"Guys love him and this is just something else to add motivation for this team.
Chris Harris Jr. on teammate Antonio Smith

Williams had been incarcerated in Oklahoma since 1991 for a murder his family contends he didn't commit.

"I would definitely say he was one of my biggest fans and he would have loved for me to play as best as I could for the glory of the Lord in the same way he lived his life," Smith said. "So, I would say more of that."

Smith, 34, is a 12-year NFL veteran who joined the Broncos this season. He posted 2-1/2 sacks in the regular season and another in the playoffs. THE ASSOCIATED PRESS

Leighton on cusp of history

AHL

IceHogs goalie can break long-standing Bower record

Most hockey fans remember Michael Leighton as the goaltender who gave up Patrick Kane's Stanley Cup-winning goal in 2010. Now he's one shutout away from a much more favourable place in history.

Leighton is on the verge of breaking the all-time American Hockey League shutout record that Hockey Hall of Famer Johnny Bower has held since 1957. The Rockford (Illinois) IceHogs goalie can pick up his 46th AHL shutout as soon as Friday, which would break one of the oldest records on the books.

Like Kevin Costner's Crash Davis in "Bull Durham," Leighton has been near the pinnacle of his sport in the show and done well enough in the minors to challenge a record.

Michael Leighton with the AHL Rockford IceHogs. BILL ROSEMEIER/ROCKFORD REGISTER STAR VIA AP

But the Crash Davis of hockey knows Bower's background from his grandfather's stories and his own research and appreciates this achievement, which is even more significant now than it was back in the 1950s when goalies played every game.

"I want to be the best in whatever league I play in," Leighton said in a phone interview with The Associated Press. "I think this is the 80th year of the AHL: That's a long road of hockey. To be at the top in any category is definitely an honour."

> **I want to be the best in whatever league I play in.**
> Michael Leighton

It's even more of an honour because it's Bower's mark. After a stellar AHL career, Bower won three Cups with the Toronto Maple Leafs, two Vezina Trophies as the NHL's best goaltender and was inducted into the Hockey Hall of Fame in 1976.

Leighton is a journeyman who has played for the Chicago Blackhawks, Nashville Predators, Philadelphia Flyers and Carolina Hurricanes and spent time in eight different organizations plus Russia's Kontinental Hockey League. He came two victories away from the Cup with Philadelphia but has played only two NHL games since. THE ASSOCIATED PRESS

NHL IN BRIEF

Winnipeg Jets forward Burmistrov fined for diving

Alexander Burmistrov of the Winnipeg Jets frontline has been fined $2,000 for diving/embellishment.

The NHL announced the fine Thursday. His second citation, which triggered the fine, was over a tripping penalty in the third period against Arizona on Jan. 26.

Burmistrov was issued a warning following an incident against Los Angeles on Oct. 27. THE ASSOCIATED PRESS

Penguins star Malkin to miss 2 games with injury

Pittsburgh Penguins centre Evgeni Malkin is dealing with a lower-body injury and will miss a two-game road trip through Florida this weekend.

Coach Mike Sullivan said Thursday that Malkin, the team's leading scorer is dealing with a nagging issue. Malkin will remain in Pittsburgh while the surging Penguins visit Tampa Bay on Friday and the Florida Panthers on Saturday. THE ASSOCIATED PRESS

MLB IN BRIEF

Kendrick signs with Dodgers

The Dodgers finalized their $20 million, two-year contract with free-agent Howie Kendrick on Thursday, bringing back the second baseman in part because of his willingness to play multiple positions.

Kendrick had turned down a $15.8 million, one-year qualifying offer from the team in November. THE ASSOCIATED PRESS

Minor leaguers get 50-game ban for drug violations

Two minor league pitchers have been suspended 50 games each because of drug violations. Oakland right-hander Sean Murphy and San Diego righty Ryan Butler were penalized Thursday by the commissioner's office.

They both tested positive for a second time for a drug of abuse. Murphy, 27, didn't pitch last year while recovering from surgery. He reached Triple-A in 2014 and is 32-32 with a 4.26 ERA in 5 seasons. THE ASSOCIATED PRESS

MLB

Bautista wants to be Jay for life

Toronto slugger Jose Bautista would like to be a Blue Jay for life. It appears to be up to the team's new front office to make the next move.

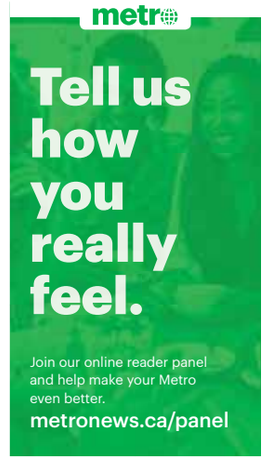
Bautista, who is entering the final year of his contract, is coming off one of his best seasons and helped the Blue Jays end their long playoff drought last year. He made it clear in a phone interview Thursday that he would like to finish his career with Toronto. "It would be an honour if I had the opportunity to do so," Bautista told The Canadian Press from Tampa, Fla.

Now the question is when — or if — general manager Ross Atkins and/or team president Mark Shapiro will be willing to spend the big dollars needed to get him signed to another multi-year extension.

> **It would be an honour if I had the opportunity to do so.**
> Jose Bautista

"I have to have something to consider at some point if I'm going to make that decision, which hasn't happened yet," Bautista said. "So I'm going to continue to go about my business just like any other year and any other day because I don't really have a decision to make right now."

Bautista, who has been a top power hitter for several years, posted big numbers again last season with 40 homers and 114 RBIs. Teammate Edwin Encarnacion, who hit 39 homers and had 111 RBIs, is also entering the final year of his deal and their long-term status will be a key talking point with spring training set to begin this month. THE ASSOCIATED PRESS



RECIPE Fried Egg Sandwich with Avocado Basil Spread

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This sandwich is so simple it almost makes us feel bad calling it a recipe. But then we remember just how good it is when the yolk oozes into the creamy, sweet avocado mixture and all those feeling wash away. Boy were we silly.

Ready in
Prep time: 5 minutes
Total time: 15 minutes
Serves 2

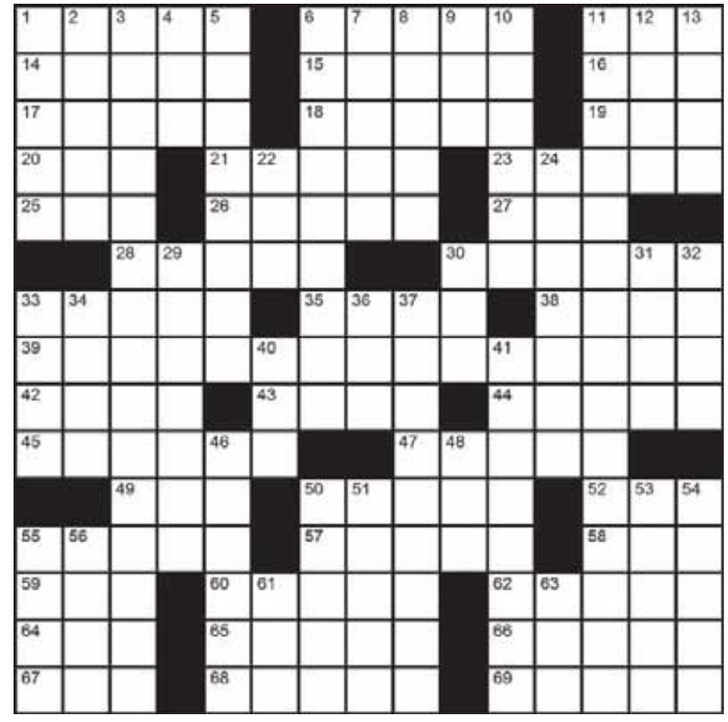
Ingredients
- 1/2 avocado
- 5 basil leaves, torn into pieces
- 1 tsp lemon juice
- Butter for pan
- 2 eggs
- 1/4 shaved Monterey jack cheese
- Salt and pepper
- 4 slices of bread

Directions
1. In a small bowl, mix avocado until smooth. Stir in the lemon juice and pieces of basil.
2. Toast four slices of bread. Spread two slices with avocado mixture. Set aside.
3. Meanwhile, over medium heat, warm a skillet. Add 1 to 2 tsp of butter and allow to melt. Crack the eggs into the pan and leave until whites are nearly cooked then, so the yolks don't break, very gently flip eggs. Allow to cook a few more seconds, and then remove the eggs from the pan.
4. Place an egg on the two slices of bread without avocado spread. Sprinkle the warm egg with cheese as well as salt and pepper. Top the egg side of the sandwich with the slice of bread that has the avocado spread. Cut and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Rap legend Mr. Shakur
6. Rachel of "The Constant Gardener" (2005)
11. Devitalize
14. Lyre-playing Muse
15. Discreet city passageway
16. Fully
17. __ video
18. Puz' like this
19. Spiritual 'way'
20. So far
21. Mary-Kate __
23. Legendary movie critic Roger
25. Celebrated cathedral city
26. __ table (Puts out forks, etc.)
27. __-de-sac
28. __ beam
30. Wheeled
33. Field
35. Some PCs
38. Celeb's ride
39. What the show "Monsters Inside Me" on Animal Planet is all about: 2 wds.
42. Frankie Avalon's "__ Dinah"
43. "Take __ __ song..." - The Beatles
44. Nirvana album, with In
45. Prepares vegetables this way
47. Let's Talk Leftovers: "...as for the __, _ shall keep that for sandwiches tomorrow."
49. Cellular stuff
50. __ Lake Accord
52. Navigator's need
55. Not neat
57. Also: French
58. Pub pintful
59. "__ la la!"
60. Pressure units
62. Montreal-style __
64. Cuckoo bird type
65. Consonant seperators, frequently
66. Watchful
67. Cooking amt.
68. Fathom
69. Corrodes

DOWN
1. "Fiddler on the Roof" (1971) role
2. An archangel
3. Canadian Politics: In 2017, it'll be up for grabs for the Conservatives: 2 wds.
4. __ _ crossroads
5. Stupendous
6. Hair removers: 2 wds.
7. British actor Cary
8. Actress/singer Ms. Massey (b.1910 - d.1974)
9. Sun. delivery
10. Louisiana music style
11. In weather reports, they show things like storm systems swirling above the Earth: 2 wds.
12. Wing-like
13. Conspiracy
22. Jeans brand
24. Steve McQueen movie of 1968 with a big car chase scene
29. Inhabitants of South America's famous mountain chain
30. Pretoria's land [acronym]
31. Urgent situation, briefly
32. "I can only __ __ much." (I need assistance)
33. Tots up
34. Jackie Wilson's "__ Petite"
36. Cote cry!
37. Iconic character of classic Canadian TV: 2 wds.
40. '_' __ in Yukon
41. Seaweed-wrapped appetizer establishment: 2 wds.
46. Washer and dryer company
48. Diana Krall's hubby's initials-sharers
50. Ms. Menounos of showbiz news
51. Across-the-Pond moneys
53. Watchful
54. Hides
55. Castle's protection
56. Geological periods
61. Over, poetically
63. House siding material, for short

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
What you wish for is what you'll get. Believe something good will happen and it most likely will, but if you believe something bad will happen then that's what will occur.

Taurus April 21 - May 21
The sooner you stop blaming others the sooner you'll be able to take control of your fate. Whatever your problems are you still have room to maneuver. Your main task now is to take responsibility for who you are.

Gemini May 22 - June 21
Your reluctance to hurt other people's feelings is holding you back. It's good that you consider others but you need to put your own needs and desires first.

Cancer June 22 - July 23
You're on the verge of something big, something that could bring fame and fortune. Others want to be close to you so some of the glory rubs off on them. There's plenty to go round.

Leo July 24 - Aug. 23
The closer you get to Monday's new moon the more partnerships and relationships will come into play. Today and over the weekend be on the lookout for people whose big personalities mirror your own.

Virgo Aug. 24 - Sept. 23
Even the most livewire of Virgos may start to feel jaded today and the reason is that you are doing too much. It is time to slow down. Don't do more, do less — but do it 10 times better.

Libra Sept. 24 - Oct. 23
You feel good about yourself at the moment and you should be using that feeling to create something substantial. You'll get the chance to do some remarkable things this week.

Scorpio Oct. 24 - Nov. 22
The people you feel closest to emotionally are feeling neglected. Spend time with them. Besides, the phase you have just been through was immensely busy and you deserve some down time.

Sagittarius Nov. 23 - Dec. 21
What happens in the run-up to the new moon on the 8th will make you realize how lucky you are to have certain people as friends. Be more sociable and adventurous than usual!

Capricorn Dec. 22 - Jan. 20
Cosmic activity in the area of your chart that governs what you own and what you earn will bring money matters into sharper focus and you will become aware that certain people have been taking advantage of you.

Aquarius Jan. 21 - Feb. 19
There will rarely be a better time to start in a new direction. Be encouraged to leave old ways behind and explore uncharted territory. You're blessed with the spirit of adventure.

Pisces Feb. 20 - March 20
You have plenty to say — but make sure you can back up claims with facts and figures. Enemies will be looking for ways to trip you up. Don't make it easy for them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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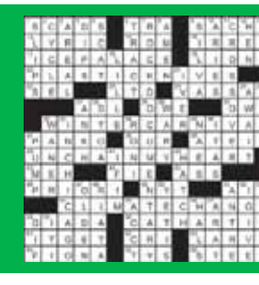

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